



Free Mindfulness Walk

Join fellow students for a tranquil one hour walk along the River Torrens, to de-stress and unwind following exams.

Friday 29 November
11.45 am for 12.00 noon start
meeting point at Pinky Flat

To register: [walking.heartfoundation.org.au/whats-on/
events/post-exam-mindfulness-walk-adelaide](https://walking.heartfoundation.org.au/whats-on/events/post-exam-mindfulness-walk-adelaide)

or phone 8203 7526



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